

Name \_\_\_\_\_  
Period \_\_\_\_\_



## *Asian-style Vegetable Fried Rice*

### *Rice:*

1½ cups Minute Rice

1¼ cups water

### *Stir-fry:*

1 egg

2 tablespoons vegetable oil

1 green onion, sliced

¼ red pepper, thinly sliced

2 tbsp. Soy sauce

1/8 teaspoon ground ginger

½ cup mixed vegetables, such as peas, carrots, and/or green beans

1/4 t. garlic powder

1. In a small saucepan, bring 1-¼ cups of water to a boil. Stir in rice, remove from heat, cover and let stand 5 minutes. Set aside, covered.

### **Meanwhile:**

2. Wash green onion, only cut off roots. Then thinly slice everything except the last one inch of greens.

3. Wash and thinly slice red pepper.

4. Beat egg in a custard cup.

5. Using a skillet, warm the skillet and add vegetable oil.

**Be very careful not to let it get too hot!**

6. Add beaten egg and cook, stirring. Set aside.

7. Saute the onion in the skillet, add the ginger and soy sauce. + garlic.

8. Add the other vegetables, and stir for a minute or two.

9. Add the rice and stir and toss. Be careful not overcook them. They are done when tender, yet still bright in color.

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